

ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

Yogurt Parfait & Larabar Meal Plan
FOUNDATIONS – BUILD YOUR MEAL PLAN
Pick three-four dinner recipes that offer ten servings

DAY FOUR

Breakfast

Yogurt Parfait (recipe)

Snack

½ Larabar + ½ medium apple

Lunch

Snack

½ Larabar + ½ medium apple

Dinner

DAY FIVE

Breakfast

Yogurt Parfait (recipe)

Snack

½ Larabar + ½ medium apple

Lunch

1.5 cups soup from natural food store with 3 small carrots and 2 T hummus

Snack

½ Larabar + ½ medium apple

Dinner

DAY SIX

Breakfast

Yogurt Parfait (recipe)

Snack

½ Larabar + ½ medium apple

Lunch

Snack

½ Larabar + ½ medium apple

Dinner



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DAY SEVEN

Breakfast

Yogurt Parfait (recipe)

Snack

½ Larabar + ½ medium apple

Lunch

1.5 cups soup from natural food store with 3 small carrots and 2 T hummus

Snack

½ Larabar + ½ medium apple

Dinner